

Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

NO 17 – MANTELL GWYNEDD INFORMATION BULLETIN DURING THE COVID-19 PANDEMIC

Mantell Gwynedd supports community and voluntary groups, promotes and coordinates volunteering in Gwynedd and is a strong voice for the Third Sector in the county



Yn cefnogi grwpiau gwirfoddol a chymunedol
Supporting voluntary and community groups



Mantell Gwynedd staff continue to work from home (Welsh Government guidelines) but you can continue to contact the office and members of staff through the usual phone numbers 01286 672 626 and 01341 422 575 and your messages will then be passed on to the relevant staff member who will return your call.

Community Fund for Children and Families in Gwynedd

The above grant is worth £30,000 and is available to fund projects that support Children and Families in Gwynedd.

Since April 2021, the grant has shared £18,493.52 to five organisations.

The fund is still open for applications and expenditure must be completed by March 2022.

If your group has a project in mind, contact Carys Williams carys@mantellgwynedd.com to discuss your plans and to see if you are eligible.

Useful Information

Grants Online is an organisation with up to date information about grants which are available to organisations. The link to their website is <https://www.grantsonline.org.uk/coronavirus.html>

Useful Link - <https://wcva.cymru/funding/landfill-disposals-tax-communities-scheme/>

Cyfeillion Cybi

Cyfeillion Cybi received funding of £2998.00 from the Gwynedd Third Sector Covid-19 Emergency Grant through Mantell Gwynedd.

Cyfeillion Cybi' is a made up of the Parents Association, the Llangybi Cylch Meithrin and the school Governors. The group was keen to open up the outside space so that children could learn and play outdoors.

The overall aim of the project was to improve the well being of the children by making the best use of the outside area around the school. By upgrading the yard and creating an education and play area it will expand and improve their educational environment, increase their fitness and health (by e.g. growing vegetables), and support learning through play.

Mantell Gwynedd were delighted to support such a worthwhile project.

Well done Cyfeillion Cybi!



GWYNEDD EMERGENCY VOLUNTEER BANK



Could you help?



Scan the QR code to register or contact:
gwirfoddoli@mantellgwynedd.com
01286 672 626
www.mantellgwynedd.com



The Gwynedd Volunteer Centre is creating a new register of volunteers who would be ready to help individuals in our communities in an emergency situation.

We are preparing for emergency situations where assistance may be required due to COVID-19 lockdowns, flooding, and more

Roles may include:

- Shopping
- Keeping others company
- Driving and collecting goods
- ...and many more

Gwynedd Volunteer Centre

VOLUNTEERS WANTED



"Sgwrs" Project (telephone befriending)

Y Dref Werdd is looking for enthusiastic volunteers to keep in touch with people in the community once a week over the phone.

No previous experience required and you will receive all the training and support before starting.

Out of pocket expenses paid

Interested or like to find out more?
Contact the Gwynedd Volunteer Centre
07789 696 340
volunteer@mantellgwynedd.com



Gwynedd Volunteer Centre

GWYNEDD YOUTH VOLUNTEERING GRANT 2021-22

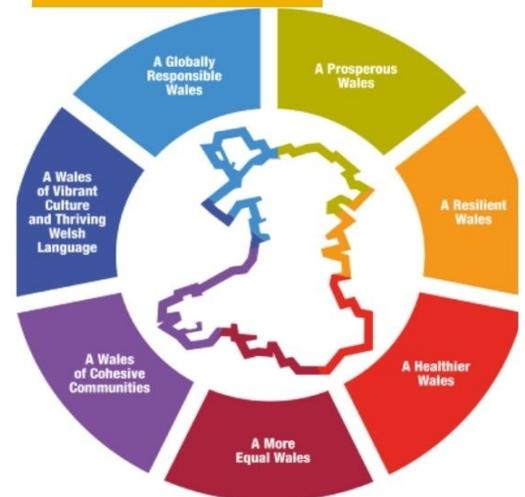
The Gwynedd Youth Volunteering Grant is now open for applications. Mantell Gwynedd continues to administer the grant to support small projects led by young people aged 14-25 and which encourages more young people to volunteer.

There is £5,000 available and applicants can apply for up to £1,000 to deliver youth led projects.



How to apply?

Please contact Gwynedd Volunteer Centre on
07789 696 340 or
volunteer@mantellgwynedd.com
for a chat or an application pack



This year there is an emphasis on meeting one of the seven well-being goals of the Well-being of Future Generations Act (2015). The Act requires public bodies in Wales to think about the long-term impact of their decisions, to work better with people, communities and each other, and to prevent persistent problems such as poverty, health inequalities and climate change .

Closing date 15/10/2021

Gwynedd Volunteer Centre

NEW VOLUNTEERING OPPORTUNITY



Digital Befriender (south Gwynedd / Meirionnydd)

Eryri Cydweithredol Eryri Co-Operative Cyf are looking for volunteers to join our team to support individuals living in Gwynedd to alleviate feelings of loneliness and isolation through E-Chat, our FREE bilingual virtual befriending service.

We aim to support individuals through virtual befriending calls, as well as being to access technology, gain confidence online and develop digital skills.

As a volunteer with us you will offer a virtual friendly chat on the platform of choice to the individual being supported. The chat will be delivered in Welsh or English on a weekly, fortnightly, or monthly basis depending on the frequency of call that is required.

You may also choose to support us to provide them with ongoing help, advice, and guidance on how to use the internet and support to get the best out of their digital devices.

**Interested? or need more information? Contact us
on 01286 672626 or
volunteer@mantellgwynedd.com**



Social Value Cymru

TRAINING



Our activities undoubtedly create impacts other than financial returns. Whether it is changes to people's health and wellbeing, strengthened communities, or reducing the pressure on public services, these are important outcomes of our work. Yet, we rarely measure these impacts and communicate them for ourselves and others in a way that is meaningful and helpful. Social value is therefore a broad term that is used to illustrate that we can capture value beyond just financial returns.

We offer a range of training options which we could tailor to your organisational needs.

Half day introduction to Social Value workshop

We can provide a practical half-day in-house introduction for members of your organisation: including staff, volunteers, trustees and directors – with the session tailored to your specific requirements.

Measuring and Managing Social Value (One-day training course)

This one-day training programme provides a practical, step-by-step introduction to the Social Value and SROI process. We will begin with some theory, but by using real life examples we will work through the impact questions and build your own value map.

Measuring and Managing Social Value (Two-day training course)

This two-day training programme provides a practical, step-by-step introduction to the Social Value and SROI process. We will go into more detail on building your value map but will also focus on how to manage social value.

For more details about any of our training programs please get in touch:

Email: svc@mantellgwynedd.com

Phone: 01286 672626

Twitter: @ValueCymru



WELLBEING – Below are details of some important services and contact information



The above charities joined together on 1st April 2021 to become Adferiad Recovery, a new organisation which will provide support for vulnerable people in Wales and their families and carers. Adferiad Recovery will have a particular focus on people with mental health problems, substance misuse problems, and those with co-occurring and complex needs.

ADFERIAD RECOVERY's Aims:

“Adferiad Recovery responds to the needs of people facing a range of co-occurring health conditions and complex social circumstances – people who are seldom seen and seldom heard.

- **Our comprehensive and coordinated therapeutic model employs the very best practice from mental health, substance misuse, criminal justice and related services.** Adferiad's combined team works holistically to address the needs of each client, creating the best conditions for effective treatment for co-occurring conditions and dual diagnoses.
- **We work with our clients to engage and support them throughout their recovery.** We use proven mutual aid, peer mentoring and social prescribing approaches to help people take control of their lives, create their own plan for recovery and work towards independence and prosperity.

We work across barriers to the benefit of our clients. We develop partnerships with commissioners, fellow providers, practitioners and researchers who share our ambition to **transform the lives and prospects of some of Wales' most vulnerable people.**”

For more information please go on their website <http://www.adferiad.org.uk/>

Whatever
you're facing
We're here
to listen

SAMARITANS
North West Wales

Call free day or night on

116 123

English line
24 hours a day

0808 164 0123

Welsh language line –
1900 - 2300 every day

Visit us

5 Llys Onnen
Parc Menai
Bangor
LL57 4DF

11.00 - 21.00 every day

Web
[samaritans.org/
northwestwales](http://samaritans.org/northwestwales)

SAMARITANS
North West Wales

WELLBEING – Below are details of some important services and contact information

Friends and Family Group
Grwp Teulu a Ffrindiau



Ymunwch efo ni ar Zoom ar **ail ddydd lau y mis am 6 o'r gloch y nôs a'r bedwerydd dydd Mercher y mis am 2 o'r gloch y prynhawn.**

(Yn gyffredinol bydd y sesiynau yn cael ei rhedeg drwy gyfrwng y Saesneg)

Join the Zoom meetings every month on the **Second Thursday at 6pm** and every month on the **Fourth Wednesday at 2pm.**

email/ebost: wellbeingwales@mssociety.org.uk

MS Society

Time to Chat
Amser i Siarad



Mae'r grŵp yn cwrdd ar **ddydd Mawrth cyntaf y mis am 2 o'r gloch y prynhawn a'r trydydd dydd Mercher y mis am 7 o'r gloch y nôs.** We meet every month on the **First Tuesday at 2pm** and every month on the **Third Wednesday at 7pm.**

(Yn gyffredinol bydd y sesiynau yn cael ei rhedeg drwy gyfrwng y Saesneg)

email/ebost: wellbeingwales@mssociety.org.uk

MS Society

Session Dates
Dyddiadau'r Sesiwn

07/09/21 - 2pm
15/09/21 - 7pm
05/10/21 - 2pm
20/10/21 - 7pm
02/11/21 - 2pm
17/11/21 - 7pm
07/12/21 - 2pm
15/12/21 - 7pm

Women's Social
Grwp Cymdaithasol Menywod



Rydym ni'n cwrdda ar **ail ddydd Mawrth y mis am 2 o'r gloch y prynhawn** ac ar **bedwerydd dydd lau y mis am 7 o'r gloch y nôs.**

(Yn gyffredinol bydd y sesiynau yn cael ei rhedeg drwy gyfrwng y Saesneg)

We meet every month on the **Second Tuesday at 2pm** and every month on the **Fourth Thursday at 7pm.**

email/ebost: wellbeingwales@mssociety.org.uk

MS Society

Men's Shed
Sied Dynion



Mae'r grŵp yn cwrdd ar **ddydd Mawrth cyntaf y mis am 7 o'r gloch y nôs a'r trydydd dydd Gwener y mis am 2 o'r gloch y prynhawn.** We meet every month on the **First Tuesday at 7pm** and every month on the **Third Friday at 2pm.**

(Yn gyffredinol bydd y sesiynau yn cael ei rhedeg drwy gyfrwng y Saesneg)

email/ebost: wellbeingwales@mssociety.org.uk

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RHWYDWAITH GWIRFODDOLI A LLESIANT GWYNEDD VOLUNTEERING AND WELL-BEING NETWORK

**Thema: Asesiad Llesiant Lleol
Theme: Local Well-being Assessment**

20/10/2021 10am

DYDDIAD I'R DYDDIADUR- Ymunwch gyda ni am ddiweddariad am yr asesiad llesiant lleol ar gyfer Gwynedd. Bydd cyfle hefyd i rwydweithio gyda chyd-fudiadau

DATE FOR THE DIARY- Join us for an update on the local well-being assessment for Gwynedd. There will also be an opportunity to network with fellow organisations.

Cysylltwch i gofrestru:

Please contact to register your place:

ymholiadau@mantellgwynedd.com / 01286 672 626

